



16. Slusialauf  
Schleusingen / 04.05.2014

Detailed evaluation

Schlossarek, Lutz

Club: SV Eintracht Oberland  
Number: 15

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:53:53

Speed: 11.12 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 16 (of 26)

Rank in course/Men: 16 (of 23)

Best time in course: 1:31:56

Rank in category: 2(of 2)

Best time in the category: 1:45:54

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Waldhaus	1.20	5:35	4:39	2	0:09	10	0:58	1.20	5:35	4:39	2	0:09	11	0:09
Dreiherrnstein	2.60	16:50	6:28	2	0:53	17	3:16	3.80	22:25	5:53	2	1:02	8	1:02
Eiserne Hand	10.20	57:41	5:39	2	4:02	17	11:59	14.00	1:20:06	5:43	2	5:04	8	4:37
Finish	7.10	33:47	4:45	2	2:55	15	6:12	21.10	1:53:53	5:23	2	7:59	16	21:57